



Serves: 4

BEETROOT RAITA

Ingredients

- Beetroot 300g
- Natural set low-fat yoghurt 150g
- Salt ¼ tsp
- Cumin, roasted 2 tsp
- Sugar 2 tsp
- Green chillies, chopped 1
- Green coriander, chopped 2 tbsp

Tips:

- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil, sugar and seasonings used in cooking.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Clean, peel and then grate the beetroot with a thin grater.
- Beat the yoghurt, add in the sugar, cumin powder, salt, green chillies and green coriander. Mix well.
- Add in the grated beetroot mix gently and keep it in a refrigerator.
- Serve chilled as an accompaniment to an Indian meal.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 71kcal
Protein 3.5g
Total fat (g and % of total calories)
0.9g (11.4%)
Saturated fat 0.4g
Cholesterol 2.3mg
Carbohydrate, 12.4g
Dietary Fibre 0.6g
Sodium, 193mg